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The school of rock for city's at-risk youth

Northeast's AMP helps kids explore their talent **PAGE 7**



OPERATION SMOOTH TRANSITION

AS JIMMY FALLON TAKES OVER THE TONIGHT SHOW, NBC EXECs MUST BE BITING THEIR NAILS **PAGE 13**

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YOUTH IN RELIEF

Students from Sweet Grass Elementary gather around Alberta's Minister of Culture Heather Klimchuk Monday after she delivered a cheque for \$500,000 to the Canadian Red Cross for relief efforts in the Philippines. Read more about how the students worked to raise money for survivors of Typhoon Haiyan on page 3. LEAH GERMAIN/METRO

Facelifts ahead for 9 schools in need, sources say

Announcement coming. Millions needed for city infrastructure upgrades



RYAN TUMILTY
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Nine Edmonton schools are in line for a major facelift with the province footing the bill, Metro has learned.

Sources say the province will announce Tuesday a total of 18 school modernizations, with the other nine slated for Calgary.

Education Minister Jeff Johnson is set to make the official announcement at the Alberta School for the Deaf at 1 p.m.

Johnson's spokesperson Dan Powers would not confirm the location of the schools or the number of projects in-

involved, but did say it would be a major announcement.

"It's going to be a significant announcement in both Calgary and Edmonton," he said.

The top capital priority for the Edmonton Public School Board is Ross Sheppard High School, which the board has estimated needs \$45.8 million in modernization work.

Allan Garber, the chair of the school's parent council, said it would be tremendous if Ross Sheppard were on the province's list.

"It's a great old school and it just needs some TLC," he said.

Garber said the school needs updates to its core systems to continue serving students as well as it has for so many years.

"It was built in the 1950s. Structurally, it's very, very sound, but it's worn out. The heating, the electrical system are all very antiquated by to-

Redford's word

During the 2012 election, Premier Redford promised her government would construct 50 new schools and complete 70 modernizations.

day's standards," he said.

Garber said the school's gym is the "best in the city," but the floors need a facelift and he hopes the investment comes through.

"They are down to their last sanding. They can't sand them anymore," he said.

It's unclear if the modernization projects will be spread across the two school districts, but Edmonton Catholic Schools' highest priority project is an \$18.8-million modernization of Archbishop O'Leary High School.

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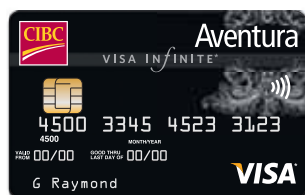
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'Very encouraging'

Iveson excited about federal LRT funding

The federal government is sending positive signals that there could be more money for the city's Southeast LRT project.

Minister Rona Ambrose was in Edmonton Friday and told Mayor Don Iveson that the government could soon be accepting applications for projects through its Building Canada grant program.

Iveson said it was a very positive meeting.

"It was a very encouraging conversation with Minister Ambrose last week about LRT funding. It's looking like that could be a real possibility and help keep the Southeast LRT on track," he said.

Iveson said he was also very pleased to hear that Ambrose and the federal government would push the province to come on board as well.

"I was thrilled to hear her comments that she is willing to help us press the province, to make sure we have the partner funding in place and she doesn't want to miss another construction season either," he said.

The federal government has already committed \$250 million to the \$1.8-billion project, along with the city's \$800 million. As proposed the project would need an additional \$150 million from the federal government and a total of \$600 million from the province.

Iveson said that while he doesn't know how long the application process for the grant would take, it's nice to know they have political support. "It is good to have political support, that just makes the paperwork move faster."

RYAN TUMILTY/METRO

Edmonton students contribute their share to Haiyan relief



Students from Sweet Grass Elementary with Minister of Culture Heather Klimchuk.
LEAH GERMAIN/METRO

Students at an Edmonton elementary school had to put their thinking caps on when it came to thinking of ways they could support victims of Typhoon Haiyan.

"We just knew we had to do something," 10-year-old Makenna Tallygraham said about the natural disaster that rocked parts of the Philippines late last year.

"We just started brainstorming ideas."

Working with their teach-

er Lisa Camarta, the group of students organized a flea market for their school, Sweet Grass Elementary.

"All of my students wanted to do something," Camarta said, adding the market included stands for crafts, baked goods and books.

In total, the group raised \$1,200 for the relief effort.

At a media event Monday, Alberta's Minister of Culture Heather Klimchuk added to that with \$500,000 from the

province to the Red Cross for relief efforts.

Members of Edmonton's Filipino Community said the gifts were both fantastic.

"I can't describe in words how thankful the Filipino community (is) knowing that (people came) together to help a small place," said Mandy Servito, president of the Council of Edmonton Filipino Association, who started to choke up during the praise.

LEAH GERMAIN/METRO

'It's frustrating': Katz apologizes to Oilers fans

Falling flat. Fans unimpressed with letter from team owner



RYAN TUMILTY
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Daryl Katz apologized to Oilers fans Monday in an open letter promising that the struggling team will get better.

"We all thought this was going to be the year the Oilers turned the corner. Obviously, that hasn't happened, and it hurts. It's frustrating — for all of us," reads the letter, posted on the Oilers website.

Katz also took direct aim at the calls for Oilers president Kevin Lowe to be fired.

"Kevin is a big part of our organization, and it's not just the Oilers that value his knowledge

and perspective," said Katz, adding that Lowe has been a major part of Hockey Canada for several years.

Oiler fan and blogger Ryan Batty said he doesn't know what to make of the letter.

"That letter does nothing to make anybody feel better. It doesn't address any of the questions," he said, adding that it shows any hope fans have of real change is too much to ask for. "You can't continue to roll out a similar roster and assume you are going to get better results, just because everyone is a year older."

Daniel Huber, co-owner of the Pourhouse on Whyte Avenue, who has been helping sell Lowe Must Go stickers and T-shirts, said the letter won't change people's opinions.

"This level of incompetence wouldn't last a manager a week at one of (Katz's) pharmacies."



Oilers owner Daryl Katz apologized to fans in an open letter posted on the team's website Monday. The team's owner said he is disappointed the team will likely miss the playoffs for an eighth year in a row. THE CANADIAN PRESS FILE

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Cops tell sex workers they KARE

Building trust.

Proactive unit looks to register Edmonton's prostitutes and establish relationships



STEPHANIE DUBOIS

stephanie.dubois@metronews.ca

"Hi, my name is Violet and I'm with Project KARE. Are you registered with us?"

Those are the first words many of Edmonton's sex trade workers hear when Const. Violet MacFarlane approaches them on city streets.

MacFarlane works in the RCMP "K" Division's proactive unit known as KARE, which registers sex trade workers, asking them for personal information and a photo of them in the event they go missing.

Long after most of Edmonton has gone to sleep, MacFarlane and her colleague Const. Tara St. Denis criss-cross the city seeking out prostitutes.

Most of the women KARE members spoke to on Jan. 9 were already registered, but jumped into the vehicle, accepting snacks and condoms or just a warm cup of hot chocolate.

Once known as Project KARE, the unit has since become permanent.

It was designed to help sex trade workers by investigating cases, but also by building their trust through



Const. Tara St. Denis hands items to one of the women spoken to by KARE RCMP members on Jan. 9. STEPHANIE DUBOIS/METRO

Quoted

"The hardest part for the streetwalkers is to actually accept the help ..."

Const. Violet MacFarlane

the proactive team, said MacFarlane.

"The hardest part for the streetwalkers is to actually accept the help because whatever resources were available to them in

the past, it wasn't a right fit or they weren't ready for the change ... so they're not as open and willing for the help," said MacFarlane. "(One of the hardest parts of my job) is when they walk

First in a four-part series

In this four-part series, aspects of the Edmonton sex trade and KARE's involvement with the community will be examined as Metro Edmonton talks to the different stakeholders.

away from the help and you know that might be the last

time that you see them."

Kerry, 43, was helped by KARE officers on Jan. 9 and became emotional while speaking of her run-in with two girls a few days prior. She told the officer the women physically assaulted her and cut off most of her hair over a \$40 debt.

"I don't like working down here. I don't like working period. I'm trying to get off the streets so bad," she said.

Still KARE-ing after 12 years

It's been 12 years since Project KARE first started in the Edmonton area and has evolved into an important unit for the K Division.

- Starting as an investigative unit to examine "high-risk missing persons," Project KARE came to fruition in the fall of 2002.
- In Jan. 2003, a K division intelligence officer made recommendations for a further review and analysis of these cases through the formation of a high-risk missing-person team (HRMPP) with a further recommendation for the creation of a Historical Homicide Unit.
- Between September 2002 and April 2003, members of the RCMP Major Crimes Unit in Edmonton and Calgary investigated the murders of five high-risk missing persons.
- After completion of Phase I & II Deputy Commissioner William Sweeney established Project KARE (Phase III) of the HRMPP to deal with cases from Alberta.
- The unit within the RCMP police detachment is no longer considered a "project" since it's now permanent.
- It also became a launching point for two other units: the Alberta Missing Persons and Unidentified Human Remains (AMPUHR) Project and the Historical Homicide Unit (cold case squad).

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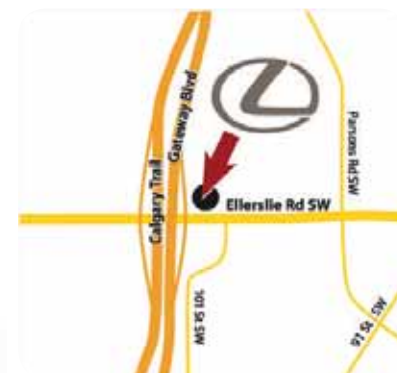
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Brides to be Swept away at Edmonton bridal show

Boutique experience.

Local organizers hope to offer newly engaged a new experience

Erin Walker wants Edmonton brides to feel pampered.

With that in mind, the local journalist turned wedding photographer has teamed up with partners Morgan Hrynyk and Hans Kristian Larsen to bring together 25 city-based vendors to offer newly engaged Edmontonians a bridal show for those who hate bridal shows.

"I (think) people feel like they can be a little more creative with their wedding and more personal," Walker said about how weddings have become less traditional. "For a long time it was, 'Make sure you cut the cake and do the garter toss.'"

"I don't think it's like that

Quoted

I (think) people feel like they can be a little more creative with their wedding and more personal."

Erin Walker, Edmonton wedding photographer

anymore."

Planned for Jan. 26, Swept takes a traditional bridal show to the next level, Walker said, by offering patrons a taste of what vendors have to offer.

"The big difference with Swept, it's a really boutique experience," she added. "It's an opportunity to get to know the different vendors that are there."

The event kicks off on Sunday at 11 a.m. and will run until 3 p.m. Tickets are available for \$25 online. More information on Swept can be found at sweptbridal.com.

LEAH GERMAIN/METRO



Edmonton wedding photographer Erin Walker preps a dress made of tissue flowers for Sunday's bridal show. LEAH GERMAIN/METRO

Police. Alcohol and speed may have been factors in collision following chase: EPS

A 32-year-old Ontario man is in critical condition following a high-speed chase with Edmonton police and the Air-1 helicopter Sunday night.

Shortly after 11:30 p.m., police attempted to pull over a Pontiac Grand Prix with an incorrect licence.

As the officer approached the vehicle, the driver accelerated and sped off, police said.

The Air-1 helicopter was called in to assist with the pursuit. As the car accelerated near a 97 Street off-ramp, the car lost control, struck a concrete bar-

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Police are asking anyone with information on the incident to contact the Edmonton Police Service at 780-423-4567 or #377 from a mobile phone.

rier and collided with the back of a dump truck, police said.

EPS said they believe alcohol and speed were factors in the collision.

METRO

Environment

Redford to take on Al Gore

Alberta Premier Alison Redford is going to get a chance to discuss climate change with high-profile oilsands critic and former U.S. vice-president Al Gore.

Redford confirmed

Monday that she has been accepted as a special guest to a panel discussion that includes Gore on regulatory issues and climate change at the World Economic Forum in Davos, Switzerland.

Redford told reporters she will use the opportunity to disabuse Gore of "myths" she says critics use to target the industry. **THE CANADIAN PRESS**

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The AMP free music lesson program is still in the early stages of development.
COURTESY LLOYD LITKE

Edmonton's temporary flu clinic set to close, city passed the peak: AHS

Alberta Health Services is closing its Edmonton Flu Care clinic, because the province's chief medical officer Dr. Chris Sikora is confident the city has passed the peak of influenza season.

Following 10 days of servicing residents, the temporary clinic was to be closed down

at 11 p.m. Monday night after treating 266 residents.

Sikora noted he would have liked for more people to have accessed the clinic, but said he was pleased with the province's response.

"We are carefully monitoring what is happening in the community with respect to in-

fluenza," said Sikora, noting it is unclear what the cost of the flu care clinic was after 10 days.

"It's about keeping our population safe, keeping our population healthy and reducing the risk of individuals spreading influenza in our emergency departments," he added.

The flu clinic was opened Jan. 10 after Alberta Health ran out of flu vaccinations thanks to a huge swell in demand throughout the province.

AHS has not released the latest figures of how many people were affected by the flu in the province.

LEAH GERMAIN/METRO

Northeast program gets kids AMP-ed up for music

Loud and clear. Music program in need of funding and teaching space

STEPHANIE DUBOIS
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Music and vocal lessons on the northeast side of Edmonton are playing to a different beat thanks to the help of dedicated volunteers.

For the past year, at-risk and disadvantaged youth aged six to 12 living in five north Edmonton communities have received guitar, electronic keyboard and vocal lessons for free thanks to the Abbottsfield Music Program (AMP).

"The idea for now is to provide free lessons, at least a half hour per week ... and the kids have the possibilities of borrowing an instrument from us as long as they took lessons," said Lloyd Litke, AMP board member.

Kids living in the neighbourhoods of Abbottsfield,

Beacon Heights, Bergman, Beverly Heights and Rundle Heights are all eligible to apply for free music lessons as part of the program.

"We saw a real need there and kids are often at a loss of what to do with their energy and their time," said the board member.

The group has been looking for a permanent space to run the sessions on a routine basis but are struggling to find the right spot and the funding needed.

"They're sort of on a one-off basis because we don't have the space yet or the finances to run them regularly so we're working on both those," said Litke, adding the organization is looking to pay teachers as well to have secure staff.

In order to continue lessons, AMP officials have been searching for funding as well as teaching and instrument storage space. The group is hosting a speaker series on Feb. 19 to raise money for the program, in addition to a raffle for a signed guitar by Commander Chris Hadfield.

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Quoted

"We saw a real need there and kids are often at a loss of what to do with their energy and their time."

Lloyd Litke, AMP board member

Anger, applause for PM at Knesset

Israel. Harper receives standing ovations for speech calling Israel's opponents anti-Semites, as pair of members storm out

Prime Minister Stephen Harper warned Monday of a new age of anti-Semitism, staking new ground in his allegiance to Israel by telling the country's parliamentarians that those who oppose the Jewish state are little more than hateful anti-Semites.

The loathing for Jews that resulted in the "horrors of the death camps" of Nazi Germany was crude and ignorant, Harper said in a historic speech to the Knesset, the first such address before the Israeli parliament by a Canadian prime minister.

"But in much of the western world, the old hatred has been translated into more sophisticated language for use in polite society," he said.

"People who would never



Prime Minister Stephen Harper addresses the Knesset in Jerusalem on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

say they hate and blame the Jews for their own failings or the problems of the world instead declare their hatred of Israel and blame the only Jewish state for the problems of the Middle East."

Harper's speech was greeted by several prolonged standing ovations — and one

dramatic outburst that served to illustrate the tense relations that characterize the Jewish-Arab relationship in the region.

"Israel is an apartheid state," shouted Ahmad Tibi, an Arab-Israeli member of parliament who then stormed out of the Knesset, followed by a col-

league.

The pair angrily strode from the chamber after Harper assailed the "twisted logic" of making such a comparison to South Africa's racist regime.

Throughout his speech, Harper looked back into history, touching not just on the Holocaust but Canada's own

refusal in the 1930s to help Jewish refugees, something he deemed a "terrible mistake."

He spoke of the founding of Israel as a place where people could "seek shelter from the shadow of the worst racist experiment in history."

While criticism of Israeli government policy isn't anti-

Semitic, Harper said, criticism that targets only Israel while ignoring violence and oppression in its neighbours is unacceptable.

"It is, thus, a Canadian tradition to stand for what is principled and just, regardless of whether it is convenient or popular," Harper said. "But, I would argue, support today for the Jewish state of Israel is more than a moral imperative. It is also of strategic importance, also a matter of our own, long-term interests."

Harper said the forces that have threatened Israel "every single day of its existence" threaten all countries, "as 9/11 graphically showed us."

The prime minister said he refused to single out Israel for criticism, saying it is easy to follow the international crowd and focus only on one country — a "go-along-to-get-along" approach he described as both weak and wrong.

But Canada would be quick to welcome a new sovereign Palestinian state if its leaders chose democracy and peace, he added. **THE CANADIAN PRESS**

On Sochi's outskirts, the Olympic project is no game

A new \$635-million highway on the outskirts of Sochi stands next to a crumbling apartment block with a red "SOS!" banner on its roof.

The residents of 5A Akatsy St. have lived for years with no running water or sewage system. Construction for the 2014 Winter Games has made their lives more miserable. The new highway has cut them off from the city centre.

The slum is one of the many facets of a hidden dark side in the host city of next month's Winter Olympics, which stands side-by-side with the glittering new construction projects that President Vladimir Putin is touting as a symbol of Russia's transformation to a modern economy.

While state-run TV trains its cameras on luxury malls, sleek stadiums and high-speed train links, thousands of ordinary people in the Sochi area put up with squalor and environmental waste: Villagers living next to an illegal dump filled with Olympic construction waste, families whose homes are sinking into the earth, city



Irina Kharchenko walks away from her house beside the screen separating her yard and a federal highway in the village of Vesolyoye, outside Sochi, Russia, last November. As the Winter Games are getting closer, many Sochi residents are complaining that their living conditions are getting worse, and authorities seem deaf to their grievances. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

dwellers suffering chronic power cuts despite promises to improve electricity.

Putin promoted the Sochi Games, which begin on Feb. 7, as a unique opportunity to bring investment to the Black Sea resort and improve living standards for its 350,000 residents. Look-

ing back at those promises, many residents, weary from years of living in the midst of Russia's biggest construction project in modern history, say they have yet to see any improvement in their lives and point to an array of negative effects.

THE ASSOCIATED PRESS

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Noted Canadians supporting Neil Young

Oilsands. Letter from artists, authors, scientists calls for a land where 'laws are not written by powerful oil companies'

More than 20 notable Canadians have penned a letter

to support musician Neil Young following his concert tour to raise money for a First Nation fighting oilsands expansion in northern Alberta.

The group includes creative and performing artists, authors, scientists and a lawyer.

Actor Neve Campbell, Booker Prize-winning author Michael Ondaatje and musi-

First Nations rights

"The time has come for Canada to decide if we want a future where First Nations rights and title are honoured."

Excerpt from the letter released Monday.

cian Gord Downie of the Tragically Hip are among those

who signed the letter. It says that Young's tour raised more than \$500,000 to help the Athabasca Chipewyan band pay for a legal attempt to protect its traditional land.

The letter also says that Canada must decide if it wants to protect the environment. Young played Toronto, Winnipeg, Regina and Calgary.

THE CANADIAN PRESS



Actress Neve Campbell, one of 20 who gave support. ANGELA WEISS/GETTY IMAGES

Rosetta spacecraft. Sleeping comet-chaser sends its first signal home: 'Hello world!'

A comet-chasing space probe that has been in hibernation for almost three years has woken up and sent its first signal back to Earth.

The European Space Agency received the all-clear message "Hello World!" from its Rosetta spacecraft some 800 million kilometres away shortly after 7 p.m. Monday (1800 GMT; 1 p.m. EST).

Rosetta was put into hibernation in 2011 to conserve energy for its long journey to meet with comet 67P/Churyumov-Gerasimenko.

If all goes as planned, the probe will rendezvous with the comet in the coming months and drop a lander onto its icy surface in November.

THE ASSOCIATED PRESS



An artist's impression of Rosetta. THE ASSOCIATED PRESS

Mix of chemicals

Mint worker suffers first-degree chemical burns

A 22-year-old worker at the Royal Canadian Mint is in stable condition after suffering first-degree chemical burns to his eyes, face, ears and the back of his neck.

The man was treated at the scene for exposure to a mix of chemicals, including silver nitrate, and was taken to hospital.

Although his wounds are considered to be mild, burns caused by chemicals can continue to affect the exposed area, said paramedics.

Ottawa paramedics got the call to the mint just before 8 a.m. on Monday. THE CANADIAN PRESS

Fredericton

Man in custody following machete attack

Four people were injured, including the suspect, following an attack at a Fredericton college involving a machete-style knife, police said Monday.

Cops responding to the attack at Eastern College found three injured victims: two teachers and a student, Fredericton police Chief Leanne Fitch told a news conference.

Fitch said a student had the man subdued on the floor of a hallway when police arrived. The three victims were taken to hospital with non-life-threatening injuries. The suspect also had minor injuries.

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C. African Republic

Woman named interim president

Members of a national transitional council chose the female mayor of Central African Republic's capital to lead the country out of chaos Monday, as a top UN official urged the international community to keep the nation from "crossing the tipping-point into an all-out sectarian conflict." At two meetings

in Brussels, international donors pledged a total of \$496 million in humanitarian assistance and European Union foreign ministers took a first step toward potentially deploying hundreds more troops to reinforce French and African peacekeepers to secure the lawless and violent country where nearly one million people are displaced. Bangui Mayor Catherine Samba-Panza became the first female leader in the country's history. **THE ASSOCIATED PRESS**

Pakistan

Suicide bomber hits military city

A Taliban suicide bomber blew himself up near Pakistan's main military headquarters in Rawalpindi on Monday, killing 13 people just a day after the militants killed 26 troops inside an army compound in the northwest of the country, officials said. **THE ASSOCIATED PRESS**

Warning

Militants could seize power: Iraq

Islamic militants controlling a mainly Sunni area west of Baghdad are so well-armed they could occupy the capital, a top Iraqi official warned Monday, a bleak assessment of the challenge in routing the insurgents, as a new wave of bombings killed at least 31 people. **THE ASSOCIATED PRESS**

U.S. to ease economic sanctions on Iran

'An important step forward.' The White House applauds Iran's scale-back of its nuclear program

The United States will begin easing economic sanctions on Iran after it began shutting down its most sensitive nuclear work on Monday, the White House said.

Iran's move was part of a landmark deal struck late last year with the U.S., five other world powers and the European Union to ease concerns over Tehran's nuclear program and provide for the partial removal of some of the economic sanctions that have crippled the Iranian economy. Iran has insisted that its nuclear program was for peaceful purposes only.

The United Nations nuclear agency, the International Atomic Energy Agency, confirmed Monday that higher-level uranium enrichment at a facility in central Iran had stopped, an important step among others that together provided officials with the

evidence needed to conclude that Iran was holding up its end of the agreement.

The White House, which has vowed to prevent Iran from developing nuclear weapons, hailed Iran's actions as "an important step forward."

The European Union announced earlier Monday it was also suspending some of the sanctions it had imposed on Iran.

THE ASSOCIATED PRESS

Syrian peace talks

Iran invitation withdrawn

A last-minute UN invitation for Iran to join this week's Syria peace talks threw the long-awaited Geneva conference into doubt Monday, forcing UN chief Ban Ki-moon to rescind his offer under intense U.S. pressure after the opposition threatened to boycott. The conference is set to begin Wednesday.



Flood hits French Riviera

Motorboats lie wrecked in the port of La Londe Les Maures, near Toulon, southern France, Monday, after unusually heavy rains flooded the French Riviera, leaving two people dead and some thousands without electricity or access to roads. **CLAUDE PARIS/THE ASSOCIATED PRESS**

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With the cost of tying the knot soaring, couples are committing to insurance for their big day

Worried about the bride getting cold feet? There's an insurance policy for that.

With the cost of the average American wedding reaching about \$26,000 US, insurers have been selling a growing number of policies to protect against losses from extreme weather, illness and, in one firm's case, even a sudden change of heart.

Cheryl Winter spent \$500 US for Hartford-based Travelers Cos. Inc. to cover her daughter's \$50,000 US destination wedding last October in New Orleans, where

her biggest concern was a potential hurricane. The weather co-operated, but the limousine never showed up. Her daughter took a taxi to the church, and they used the insurance policy to claim the deposit money they couldn't get back from the limo driver.

The insurance is offered by a small number of U.S. companies. Insurers declined to provide data on the number of customers beyond saying they are growing steadily. It can cover losses from issues ranging from bankrupt wedding halls to cancellations forced by unexpected military deployments. Travelers says issues with vendors account for about a quarter of the claims, with most of those related to issues with photographers or videographers.

THE ASSOCIATED PRESS



Credit card execs apologize for data theft in South Korea

The heads of three major South Korean credit card firms, from left, NH Nonghyup Card head Sohn Kyung-ik, Lotte Card CEO Park Sang-hoon and KB Kookmin Card CEO Shim Jae-oh, bow to offer a public apology during a news conference in Seoul on Monday. The firms were the victims of a massive theft of personal data linked to 80 million cards, including salaries, monthly card usage, credit rating and card numbers. Cardholders are flocking to bank branches and overloading call centres and service websites to find out whether their information was stolen. KIM JU-SUNG/YONHAP/THE ASSOCIATED PRESS

Severe weather. Insurance industry hit by record \$3.2B in payouts in 2013

Ice, floods and thunderstorms made 2013 the worst year ever for severe weather insurance losses in Canada.

The Insurance Bureau of Canada says the December ice storms in southern Ontario and Atlantic Canada caused more than \$200 million in insured losses, pushing total severe-weather payouts to policyholders last year to \$3.2 billion.

"In 2013, the terrible effects of the new weather extremes hit Canadians hard," CEO Don Forgeron said Monday in a release.

"From the Alberta floods last summer to the ice storms in Ontario and Atlantic Canada over the holidays, frankly, bad weather hit insurers hard,

too."

The insurance bureau said the largest disaster was flooding that soaked southern Alberta after torrential rains in June.

That caused more than \$1.74 billion in insured damage.

Record rains and flash floods in Toronto the following month caused an estimated \$940 million in damage payouts. The bureau said that flooding was the most expensive insured natural disaster in Ontario's history. Severe thunderstorms in parts of Ontario and Quebec in June and July resulted in about \$250 million in insurance payouts.

THE CANADIAN PRESS

Cross-border shoppers

Target warns security breach may hit Canadians

Target is warning Canadians that a security breach may have led to their personal information being stolen.

Cross-border shoppers who went to U.S. Target stores between Nov. 27 and Dec. 15 were affected.

THE CANADIAN PRESS

Market Minute

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Nasdaq and Dow Jones closed for Martin Luther King Jr. Day.

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TICK-TOCK, DRINK COFFEE ON THE CLOCK

In the dark depths of winter, it can be a challenge to convince myself to leave the house, but nothing will force me out the front door in freezing temperatures like the need for caffeine.

Back in the 1980s, Starbucks president and CEO Howard Schultz envisioned the urban coffeehouse as a kind of "third place" between work and home, a space for individuals to come together to engage in conversation and develop a sense of community. Twenty years and 20,000 plus stores later, most Starbucks locations have been colonized by armies of laptop-wielding students and freelancers who treat these cafés as their own personal workspaces, spreading out over multiple tables and taking advantage of the free Wi-Fi for hours at a time.

And it's not just coffee shop patrons who tend to overstay their welcome. Managers at a McDonald's in Flushing, N.Y., are at a standoff with a group of elderly customers who have been parking themselves in the seating area for long periods of time and refusing to leave. While most fast



SHE SAYS
Jessica Napier
metronews.ca

food restaurants try to enforce a standard 20-minute time limit, these defiant customers have been camping out on a daily basis from early in the morning until late at night while nursing only a cup of coffee or splitting a small order of french fries amongst themselves. Not only is this bad manners, it's also bad for business. The lack of available seating for new paying customers has prompted the staff to call the local police to help eject the group, but these rebellious elders keep coming back.

In any city there is a definite need for public gathering spaces, but private companies shouldn't be obligated to provide this type of service. So while it is nice for these seniors to be able to come together and socialize in a warm, well-lit environment, there also seems to be a gross sense of entitlement on display from these colonizing customers who insist on lingering all day long without paying their fair share. Some people might criticize McDonald's for kicking them out into the cold, but even monolithic corporations have a right to manage their locations in a

profitable way.

In Europe, one particularly unique café seems to have solved the problem of loitering clients by entirely rethinking the concept of time limits. At Ziferblat, a Russian chain which opened its first U.K. outpost in London, England earlier this month, guests don't pay per beverage, rather they're charged about five cents for every minute they spend inside the establishment.

Named after the Russian word for clock face, Ziferblat offers a unique kind of community space where clients are treated more like micro-tenants than customers. Visitors are welcome to use the kitchen facilities, provided they clean up after themselves, and enjoy complimentary tea, coffee and snack foods. In fact, everything is free except for the time you spend there.

Two years after launching their first outpost in Russia, the founders of Ziferblat stress that the café is more of a social project than a business model. But this pay-per-minute concept might just be the right approach when it comes to combating those free-loading regulars.



Follow Jessica Napier on
Twitter @MetroSheSays

ZOOM

Tiger friends – they're grrrreat



Man and big cat make best buds

Mulan Jamilah, a six-year-old Bengal tiger and Abdullah Sholeh, 33, play in the garden beside their home on Monday in Malang, Indonesia.

Abdullah is an Islamic student who has become a best friend and a full-time nanny to the tiger. Mulan's owner, Noer Muhammad Sholeh, 51, asked Abdullah to take care of the tiger when it was a three-month-old cub.

Abdullah regularly sleeps, plays and fights with the huge tiger. The pair are so inseparable, he often opts out of sleeping in his own bed to sleep alongside the big cat in her enclosure.

GETTY IMAGES

No friend too big or small

178 kg

Mulan now weighs 178 kilograms, is three-metres long including the tail and one-metre high. For security reasons, they have had to install metal bars to separate them when they are together in the enclosure. Mulan is fed six kilograms of chicken or goat meat twice a day.

ROBERTUS PUDYANTO/GETTY IMAGES

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ISTOCKIMAGES

Whether it was Facebook's ever-changing settings, Google's willingness to put your profile pic next to an ad somewhere, or leaked documents suggesting the U.S. government is spying on pretty much everyone, 2013 was the year where privacy concerns went mainstream. There's plenty of reasons to care about privacy, even if you've got nothing to hide. So let's make a belated New Year's resolution to take back control over our own data. Here are some web browser extensions to help clean up your trail of online bread crumbs:

AdBlock Plus:

I honestly don't remember what the Internet looked like before I installed AdBlock Plus. In addition to blocking pesky banner ads and pop-ups, this extension also disables third-party tracking cookies and scripts.

Disconnect:

This app works on almost any web browser (even Internet Explorer!) to block third-party tracking cookies and other website scripts. Disconnect also protects you from tracking by social media sites like Facebook and Twitter, which follow you around the web collecting your browsing data for their coffers.

HTTPS Everywhere:

Considered a must-have by security experts, this extension shunts you to a more secure connection on any website that offers it. It's a very easy way to make your browsing more private without lifting a finger.

Twitter



@ctmwn: I kind of wish there'd be hotels with the same pricing scheme as @ziferblatlondon #PayAsYouGo #ByTheMinute

@metropicks asked: At @ziferblatlondon visitors are welcome to tea, coffee but pay 5¢ a minute for the stay. Would this work in your city?

@Canucklehead_ca: At the rate I consume coffee this would actually be a pretty sweet deal.

@theReal_KPHILL: not a car wash, Going out for Coffee I wanna relax, chat, check my phone, don't wanna feel rushed

WE WANT TO HEAR FROM YOU:

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DVD review



Captain Phillips

Director. Paul Greengrass

Stars. Tom Hanks

The high-seas survival drama Captain Phillips raises the pulse and tweaks the conscience. Directed by Paul Greengrass, who makes smart thrillers, and starring Tom Hanks in his best role in years, this isn't simply a tale of heroism and adventure. There is anxiety on both sides of the gun. We certainly cheer on Hanks as real-life seafarer Capt. Richard Phillips. In the spring of 2009, Phillips faced almost certain death after his cargo ship and crew of 20 were hijacked off the coast of Somalia by four armed men who demanded millions of dollars in ransom. We are also asked to consider the desperation of the four pirates. The well-rounded script by Billy Ray (The Hunger Games, Shattered Glass), based on Phillips' own account, shows how the hijackers are driven by extreme poverty and also by the warlord's bullets that await them back home. Hanks dials down his usual ebullience to radiate quiet determination as Phillips. This film leaves you not singing God Bless America, but rather pondering a dysfunctional world where hollow-eyed men of skin and bones feel compelled to take on a superpower.

PETER HOWELL

Fallon owns the night

From Jay to Jimmy.

Late Night host gears up to take the Tonight seat from Leno, but will his style stay the same?

Jimmy Fallon's Tonight show, which debuts next month with actor Will Smith and U2 as guests, will look familiar to people who appreciate his current work in the time slot following Jay Leno.

Fallon said he doesn't expect to change his brand of comedy to tailor himself to an earlier time slot. Fallon and his successor at Late Night, Seth Meyers, met with reporters Sunday as NBC begins the delicate process of a late-night transition.

"This show has completely changed from when I first started," Fallon said of Late Night, which he has hosted for five years. "I feel like we've blossomed into what will become the new Tonight show."

He rejected the idea of changes to make himself more appealing to an older, middle American audience that likes Leno. It's a delicate subject at NBC, where executives believe Conan O'Brien's limited appeal doomed their first effort to replace Leno. The executives anticipate Fallon's light-hearted comedy translating better.

Leno closes his two-decade run on Tonight Feb. 6 with Billy Crystal and Garth Brooks as guests. On Feb. 17, Fallon debuts a week's worth of shows at midnight following NBC's coverage of the Winter Olympics. He moves into his regular time slot a week later, followed by Meyers, who has Saturday Night Live chum Amy Poehler booked as his first guest.

NBC's entertainment president, Robert Greenblatt,



Jay Leno, left, and Jimmy Fallon pose backstage at the Golden Globe Awards in this Jan. 2013 file photo. Leno is set to wrap up his 22-year run as host of The Tonight Show, and Fallon — who has hosted Late Night since 2009 — will take over the gig. THE ASSOCIATED PRESS FILE

said he'd like to keep Leno at NBC, perhaps to host regular specials. Fallon said he's not worrying about whether Leno leaves NBC and decides to keep working in late-night TV elsewhere.

Fallon said he called Leno when he got the Late Night job to reassure him he wasn't gunning for Leno's gig. He said they have spoken regularly, and he's taken some of Leno's advice, most prominently to make his nightly monologues longer.

"He's a good guy," Fallon said.

Fallon's Tonight show "should be goofy and fun and make everybody laugh. That's our job," he said. He said he appreciates showing different sides of celebrities by getting them involved in skits or games, like when Tom Cruise cracked two raw eggs on his head. Fallon's musical skits are

Quoted

"I feel like we've blossomed into what will become the new Tonight show."

Jimmy Fallon on the style of his Late Night show

among his most memorable. He said he alerted New Jersey Gov. Chris Christie's office ahead of time about his recent duet with Bruce Springsteen that spoofs Christie's traffic jam scandal.

Although Fallon is moving Tonight to New York from the West Coast, he said he will take the show on the road, including to Los Angeles, for a couple of weeks a year.

Some critics have noted that the formal title of the show is changing from the Tonight

Show With Jay Leno to the Tonight Show Starring Jimmy Fallon. Fallon said it was an homage to the show's roots.

Meyers said the legacy of Late Night is that hosts get to do weird things and that people have a little more patience with it.

But he seems very much the traditionalist. The current head writer of Saturday Night Live values writing, and he's brought the author of his SNL Weekend Update segments over to lead his own writing team. Meyers said he's looking to build a stable of writer-performers and that a strong monologue will be key to his show. "If you get too hung up on the legacy of what you're getting into, it gets in the way of the work," Meyers said. "Our goal is to be as funny as we can and get better every night."

THE ASSOCIATED PRESS

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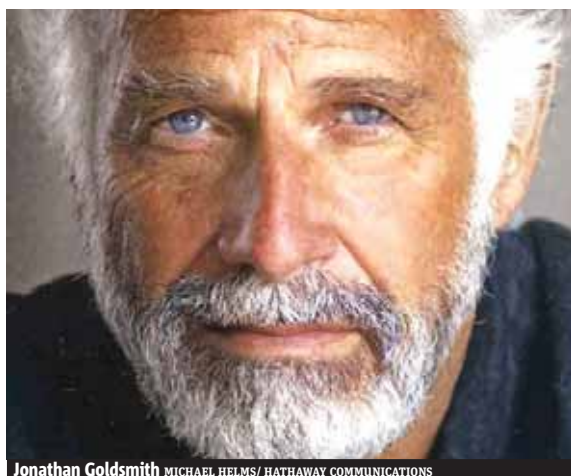
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Jonathan Goldsmith MICHAEL HELMS/HATHAWAY COMMUNICATIONS

He doesn't often show his soft side, but when he does, it's for the dogs

The most interesting man in the world is helping a Vermont-based company raise money to fight cancer in dogs.

Jonathan Goldsmith is a Manchester resident made famous by his role in the Dos Equis beer commercials. But he's also a dog lover hoping to raise funds for the Denver-based Morris Animal Foundation, which promotes veteri-

nary research for companion animals, horses and wildlife.

Goldsmith made an online commercial with his Anatolian shepherd Willy as part of a campaign by the Manchester-based Orvis Co., which is known for its outdoor apparel but also has a dog catalogue. He says he lost a dog to cancer and is glad to support a good cause. **THE ASSOCIATED PRESS**

Michael C. Hall won't slash the idea of recreating his killer role

Possible bad news for Oregon loggers: Michael C. Hall won't rule out a return to playing Dexter. But he'd want to see the finish line.

Hall, promoting his movie *Cold* in July at the Sundance Film Festival, said in an interview over the weekend that he agreed with Showtime executives who recently declared that any potential spin-off series would have to include Hall.

"Masuka! I would watch that," he joked, referring to the show's humorous forensics specialist Vince Masuka, played by C.S. Lee.

More seriously, Hall said of a possible spin-off series, "I can't even wrap my mind around that. And it's all just theoretical until there is some sort of script reflecting somebody's idea of where it could possibly go. But it's hard for me to imagine what that would be."

Hall, 42, also won't rule out a return to TV more generally.



Michael C. Hall GETTY IMAGES

"Yeah, as far as playing Dexter again for an undefined amount of time, that's a little daunting to consider. But doing another television series ... There's a lot of amazing stuff on TV. I don't want to do that right away. But I wouldn't say never to that."

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Tumblr got a taste of Blue Ivy's White House visit over the weekend.

TUMBLR: IAM.BEYONCE.COM

Of pop stars, politicians, puppies and a pint-sized princess

MELINDA TAUB

Metro World News

birthday, and she brought husband Jay Z and their daughter Blue Ivy along for the ride. Blue, clad in cat ears and an adorable white tulle gown that I would have murdered for when I was little, got to check out the White House Christmas tree and watch her mom perform, according to the sweet photos posted on her mama's Tumblr.

But could any of that compare to the sublime fuzziness of the Obama's Portuguese water dog, Bo? Beyoncé posted several blurry but adorable snaps on Tumblr of Bo and Blue making friends.

Maybe, instead of renting out a zoo and buying her a miniature Porsche for her second birthday last week, Jay and B should have gotten Blue a puppy.

Barrymore isn't keen on her kin baring it all as an adult



Drew Barrymore GETTY IMAGES

Drew Barrymore's daughter, Olive, is only 15 months old, but mom is already setting down some ground rules. "I would not let her" pose for Playboy, Barrymore tells ABC News. Barrymore did a spread for the magazine when she was 19. "I don't think I would. I would influence her not to, because my life choices aren't supposed to be the gateway to somebody else's. That's my journey." **METRO**

ZAC EFRON MILES TELLER MICHAEL B. JORDAN

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5 steps for a healthier you

Not as hard as you think. Sometimes it's as easy as getting out for a walk and drinking more water

Committing to living a healthier lifestyle doesn't have to mean major dietary restrictions and rigorous workouts.

Kristy Del Coro, a registered dietitian and nutritionist in New York City, offers five easy tips in getting healthy.

Eat breakfast

Eating a healthy breakfast sets the tone for the day. Most studies show skipping breakfast to "save your calories" does just the opposite, causing people to consume more calories later in the day.

Your best bet? Start with lean protein, complex carbohydrates and some healthy fat to give you energy and keep you satisfied until your next meal. Some good go-to combinations are whole grain toast with all-natural nut butter (peanut, almond, walnut); steel-cut oatmeal topped with berries and unsalted nuts; low-fat Greek plain yogurt with fresh fruit; or, if you have a little extra time in the morning, an omelet made with one egg and two or three egg whites, easy-to-cook veggies like spinach and mushrooms.

Get up and get out

One of the first things you can do for your health is to move more. Small changes like getting off the subway a stop early, taking the stairs at work or carving out 10 minutes on your lunch break to go for a walk really make a difference.

Hydrate, hydrate, hydrate!

An easy first step in feeling



Dietician Kristy Del Coro says eating a healthy breakfast, such as low-fat plain Greek yogurt and fruit, will set the tone for the entire day. ISTOCK

healthy is to rehydrate. This means taking a hiatus from sugary drinks and alcoholic beverages, and loading up on caffeine-free, sugar-free fluids. Any variation of water will do — seltzer, mineral or tap. To keep a little excitement in your beverage, I suggest adding some slices of fresh citrus (grapefruit, orange, lemon or lime) or even fresh mint for natural sweetness.

Curb your sweet tooth

One of your priorities in starting fresh is to swap out those nutrient-poor simple carbohydrates with nutrient-dense complex carbohydrates like fruits and vegetables, whole

grains and legumes.

If you've really developed a sweet tooth (craving sweets after every meal), you may need to go cold turkey to help get on track. Before you know it, the cravings will subside and you can go back to enjoying sweet treats every once in a while as part of a balanced diet.

Set yourself up for success

To ensure success, it is a good idea to plan ahead. Think of at least one new positive step you can take per week that you know you can achieve. Whether it's focusing on exercise, curbing your sweet tooth or eating more balanced

meals, it may pay off more in the long run to just start with one instead of trying to achieve everything at once.

Whatever you choose, create an environment conducive to achieving that goal.

This may mean signing up for a fun exercise class at the gym with a friend, getting rid of any tempting sweets in the house, or stocking your fridge full of colourful fruits and vegetables that inspire you to cook healthy delicious meals at home.

For many people, selecting one area to focus on at a time is less overwhelming and often more realistic.

METRO

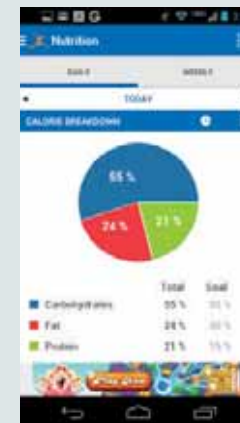
Review

Visualize your goals with a calorie tracker



MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Calorie Counter by MyFitnessPal
iPhone/iPad/Android
Free
Find nutritional information for everything you eat with this barcode-scanning calorie tracker that visualizes your progress with helpful charts while keeping your goals in view through reminders and informed feedback.



Half-Off

Elisha is now two weeks into her plan to lose 10 pounds in six weeks. Will her fear of working out in public help or hinder her plans? Visit metronews.ca/voices/half-off to find out.

3 TIPS

Tips to help you get to sleep — and stay asleep

Dr. Robert Oexman, director of the Sleep to Live Institute, has these tips for making the most out of your shut-eye in 2014:

Make a commitment to sleep. If you have to wake up at 7 a.m. to get to work, start preparing for bed at 10:30 p.m. Darken the room, do not watch TV or work on the computer. Do something calming like taking a hot bath or shower. Get into bed at 11 p.m. and find yourself resting your way to health.

Take advantage of the cold weather and turn your thermostat down. Your room

temperature should be around 19 degrees Celsius. If that temperature is too cold for you, use blankets to stay warm. The cool room allows your core body temperature to decline, which is necessary to fall asleep and stay asleep.

Don't let the early darkness rob you of sleep. If you find yourself falling asleep in the evening before it is time to go to bed, expose yourself to light and get up and move around. If you nap before bed it will make it more difficult to fall asleep and stay asleep.

METRO



Nobody wants to be this guy. ISTOCK



AN OUNCE OF PREVENTION CAN KEEP COLD AND FLU AT BAY

NEWS CANADA

We have all heard it — the home remedies to cure a cold or flu told to us by the friend of a friend of a friend who just swears it always works.

Some people consume copious

amounts of a specialty tea, while others are proponents of sweating out your sickness. Some mix cough syrup concoctions and others are convinced you have to ride out the storm.

The best way, however, to ease seasonal cold and flu ailments, like runny nose, sore throat and aching body, is to protect yourself before you get sick.

Here are some tips to help you keep

seasonal illnesses away.

- 1** Get the flu shot. It's free and it can prevent the flu from taking hold up to 90 per cent of the time among healthy adults and children.
- 2** Wash your hands with soap and water thoroughly and often.
- 3** Keep alcohol-based hand sanitizer handy with at least 60 per cent alcohol content.
- 4** Cover your mouth and nose with your arm or use a tissue when you cough or sneeze to help keep stuff off hands and dispose of the tissue immediately.
- 5** Stay home from work if you are feeling sick.
- 6** Avoid touching your eyes, nose and mouth since the flu virus usually enters the body through those areas.
- 7** Eat well, exercise and get enough rest.
- 8** Get educated and know when the cold and flu are likely to hit your community.

Don't spend all winter experimenting with home remedies. Proactively protect yourself from cold and flu germs this season and you can stop your runny nose before it starts flowing, soothe your throat before it starts hurting and ease your aches before you start aching. — *News Canada*



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VICKS DAYQUIL & NYQUIL

You're just five steps and one pan away from McIntosh Pork Chops

Health Solutions

An apple a day... well, you know the rest



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

How do you like them apples?

Some are good to cook, others are best eaten out of hand, but the true Canadian Mac can do both.

McIntosh are great cold-weather fruit that have all the health benefits including vitamin C and high amounts of the gelatinous pectin that helps remove cholesterol from your system.

Have you thought of trying them like this?

- Braised in apple juice as a simple dessert.

- Used in cooking, particularly with pork.

- Cored and stuffed with oats, butter and cinnamon.

- Dipped in stout beer and served with nuts for cocktail hour.

Some apples turn to mush when baked but the Mac holds its shape and lends its tart sweetness graciously.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



PREP
20 MINUTES

This recipe serves two. COURTESY THERESA ALBERT

THERESA ALBERT
myfriendinfood.com

Something about sweet-tart Macs goes perfectly with pork chops and this recipe takes very few steps of prep then cooks itself in one pan.

1. Cut onion in half and into slices. Brown in oil for 2-3 minutes in a large, heavy skillet with a lid. Set aside.

FLASH FOOD



From your fridge
to your table in
30 minutes or less

2. Slice apples and set aside on a plate with the onions.

3. Brown chops over high heat one at a time and place with apples.

4. Pour wine into pan and stir in apple butter and thyme.

5. Add chops back with apples and onions, and cover. Turn down to medium and simmer 10-15 minutes until cooked through. Serve with mashed sweet potatoes.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 1 onion
- 1 tsp grapeseed oil or other
- 2 McIntosh apples
- 1 lb pork chops, 2-3 thin chops
- 1 cup white wine or apple juice
- 2 tbsp apple butter or marmalade
- 2 tsp thyme
- salt and pepper, to taste

Ingredients

- 4 1/2-inch-thick boneless pork chops, trimmed of any fat
- Kosher salt and black pepper
- Blending flour, for dredging
- 1 1/2 tbsp vegetable oil
- 1/4 cup finely chopped onion
- 1 cup seedless grapes, halved
- 1/4 cup dry white wine
- 3/4 cup low-sodium broth
- 1/2 tsp dark brown sugar
- 1 tbsp Dijon mustard

1. Season pork chops on both sides with salt and pepper. One at a time, dip chops in flour, coating well on both sides, but shaking off excess.

2. In skillet over medium-high, heat 1 tablespoon of oil. Add chops to pan and cook until lightly browned on first side, 2 minutes. Add remaining oil to skillet, turn chops and cook for 1 minute on second side. Transfer them to a plate and cover loosely with foil.

3. Add onion and grapes to skillet, reduce heat to medium-low and cook, stirring often, until onions are golden brown, about 3 to 4 minutes. Increase heat to high, add wine and bring to a boil. Simmer, stirring, until the wine is reduced to 1 tablespoon. Add veg or chicken broth and sugar and simmer until broth is reduced by half.

4. Reduce the heat to medium-low, return the pork

to the skillet, along with any juices that have accumulated on the plate and simmer very gently, turning the pork several times, for 1 minute. Transfer each pork chop to a serving plate. Add the mustard to the sauce, whisking, then season with salt and pepper. Pour the sauce evenly over each portion and serve right away.

THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.



This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

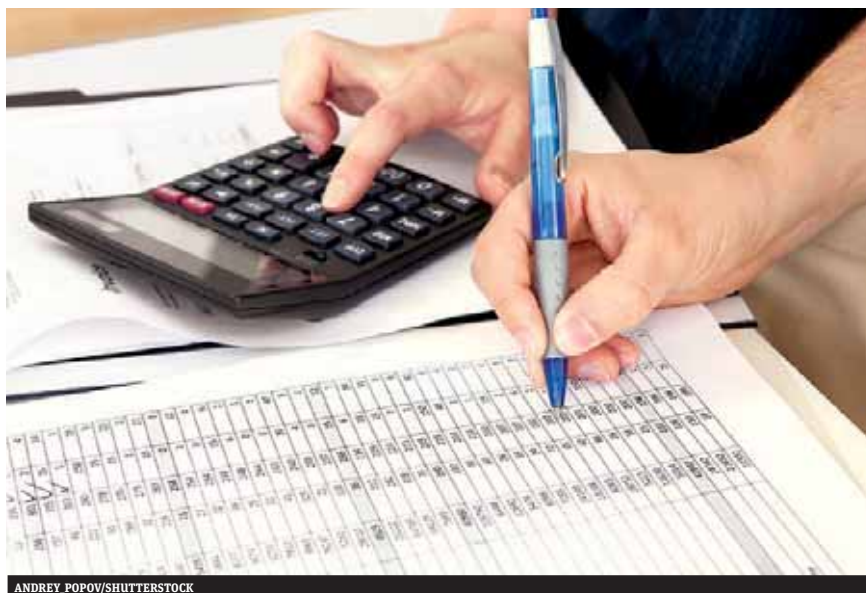
Grapes and mustard sauce dress up chops

Money 101. Two couples, one year to make them richer

Keeping up with the Jones' in 2014

Do you ever wonder what the Jones' are actually doing with their money? If so, you will finally get a peek inside their bank account. For the next 12 months, I will be following the financial decisions of two Canadian couples. By uncovering each couple's money realities, and offering practical advice, we will map out a plan to help them reach their financial goals.

My ultimate goal in this social experiment is to increase each couple's net worth. The series will explore subjects like debt reduction, saving, major life changes like buying a home and having a baby, relationships and money, calculating how long it will take to save \$1 million or pay off a house, and so much more. You will find plenty of resources throughout the year, so follow along with the homework I will be dishing out every month. – Lesley-Anne Scorgie/For Metro



ANDREY POPOV/SHUTTERSTOCK



LUXORPHOTO/SHUTTERSTOCK

Carolina and Jose



LESLEY-ANNE SCORGIE
For Metro

Carolina and Jose married eight years ago and make their home in Calgary. The couple, aged 33 and 31, respectively, have three girls younger than five.

Jose works in the roofing business and does some freelance wedding photography to earn extra income. Between their eldest heading to kindergarten, potty training their toddler and soothing their teething infant, Carolina has her hands full as a stay-at-home mom. Carolina plans to return to work once their children all reach school age.

When government child tax benefits are included, the couple earns an annual income of approximately \$55,000. After many years of feeling like they aren't getting ahead, Jose and Carolina are eager to improve their financial position. Together, they dream about one day having enough savings for re-

Assets		Liabilities	
RESP for their Eldest Child	\$1,500	Combined Student Loans	\$14,000
Car*	N/A	Line of Credit	\$7,500
		Car Loan	\$12,500
TOTAL ASSETS	\$1,500	TOTAL LIABILITIES	\$34,000

*Cars aren't considered assets because they decrease in value whereas true assets grow in value.

Homework

- Jose and Carolina will put together their first budget using a free template and budgeting resources from their online bank, Google Docs or GetSmarterAboutMoney.com. They also plan on determining the value of a home they can afford and specific housing options for their growing family.

sewing, reading and writing, while Jose enjoys competitive video games, graphic design and socializing with old pals.

Jose and Carolina talk about money from time to time, but recognize that in order to achieve their financial goals they will have to increase their financial communication, including the immediate task of developing a realistic budget.

When asked, their top financial goals for 2014 are as follows:

- 1 Buy a house and stop paying rent to Jose's parents, whose home they are currently leasing.
- 2 Afford a trip to Ontario to visit family.
- 3 Chip away at their existing debts.

Jose and Carolina's current net worth is -\$32,500.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

tirement and some flexibility to travel.

Currently, though, the couple lives frugally, enjoying the comforts of their own home and the inexpensive excitement of raising their family. When they aren't working or dedicating time to their children, Carolina loves to get creative with crafts,

Anne-Marie and Peter

Anne-Marie and Peter are an active couple in Toronto, aged 36 and 33, respectively. They moved in together five years ago and married last year; they're now expecting their first child in June. Both enjoy their professions: Anne-Marie works in broadcasting and Peter is a senior sports editor for a medium-sized publishing house.

Their combined income hovers close to \$110,000, which is more than the median Canadian household income of around \$72,000.

The couple is fortunate to have money in their budget — yes, they actually have a budget tracked on a spreadsheet — to afford their hobbies, which, in Anne-Marie's case, is centred around the arts while Peter digs hockey and other sports.

They are big into the Toronto foodie scene and love to travel. But their culinary and travel pursuits still require frugality like couponing, paying attention to menu prices and seeking out last-minute travel deals.

The financial landscape for Anne-Marie and Peter

Assets		Liabilities	
Anne-Marie's Pension	\$73,000	Car Loan	\$4,500
Anne-Marie's RRSP	\$500	MBNA Low Rate Credit Card #1	\$3,000
Peter's RRSP	\$8,000	MBNA Low Rate Credit Card #2	\$8,000
Car*	N/A		
TOTAL ASSETS	\$81,500	TOTAL LIABILITIES	\$15,500

*Cars aren't considered assets because they decrease in value whereas true assets grow in value.

Homework

- Between this month and next, Anne-Marie and Peter plan on simplifying their budget (which currently spans multiple spreadsheets), determining the value of a home they could potentially afford to buy by sitting down with a banker for a mortgage pre-approval, and gathering information on Anne-Marie's pension program at work.

trust, which the couple says helps them stay on track and avoid financial arguments.

When asked who runs the day-to-day finances, Peter quickly pointed to Anne-Marie, labelling her as their household's CFO.

But this year financial change is on the horizon as Anne-Marie and Peter welcome their first child into their small, but well-located, rented apartment.

With that in mind, their top financial priorities for 2014 are as follows:

- 1 Pay off as much debt before the baby comes.
- 2 Start saving for their child's education.
- 3 Begin a savings program for a down payment on a home.

Anne-Marie and Peter's net worth is \$66,000.

is full of opportunity. They have healthy financial habits, such as sharing in the bill paying and aggressively paying down debt. Money conversations occur weekly and are rooted in respect and

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Dating rut? Time to ditch bad habits

Old habits die hard. But if your love life isn't quite what you want it to be, you've gotta switch it up

Amber Madison, a relationship expert and therapist in New York City, offers tips to get out of your dating rut, get a new strategy, and ditch those habits once and for all!

Stop making excuses. Are you always making up reasons to not try your hardest when it comes to dating? Maybe some of these sound familiar: "I'm not going to find someone online, anyway." "I'm not going to date until I lose weight." "I'm doing pretty well on my own right now." Stop talking yourself out of taking the necessary steps to find someone. Admit

to yourself you want a relationship if that's what you want, make the commitment to try to find one and be proactive about meeting people.

Quit being too judgmental. Of course when you're meeting people you have to be a little picky. But whether you're deciding who to talk to at a bar or whose messages to respond to online, don't pick people apart and discount them based on one feature you're not that into, physical or otherwise. You have to give people a chance to win you over with the full package.

Avoid staying in relationships that go nowhere. Breakups are no fun, but you can't stay in a relationship that isn't right just because you don't want to deal with a breakup, are scared of being alone, or things feel comfortable. You deserve to be with someone who really makes you happy,

and your partner deserves to be with someone who actually adores them. If you haven't caught the right one, you have to get back out there and try again.

Don't take your relationship for granted. Regularly schedule a date night where you get out of the house and do something different with each other. Even when you're busy and exhausted, make time to talk to one another about your days, what's going on in your personal lives, and anything else that's been on your mind. Yes it's easier to get home from work and just plop yourself on the couch in front of your favourite TV shows. But just like you have to put effort into working out regularly if you want to stay in shape, you have to put effort into your relationship even when things are going well.

AMBER MADISON



Relationship expert Amber Madison says you have to be proactive when it comes to meeting people. ISTOCK

Grocery savings: Here's the only list you'll need

Food bill reduction.

These tips will help you be smarter, more aware and more frugal when it comes to feeding you and your family



GAIL
VAZ-OXLADE
life@metronews.ca

One of the questions I'm always hearing is, "How much should I be spending on groceries?" I don't know. How many people are you feeding? Do any of them have special dietary needs? Do you make a lot of money, or are you barely putting food on the table?

There are so many variables involved. People who are determined to eat organic will pay more for their food. People who survive on pasta will pay less. If you're a big meat or fish eater and only like the best, your grocery bill would stagger

Money on our minds

- Look out for features written by Gail Vaz-Oxlade in Metro in the weeks ahead, and keep your eyes peeled for her weekly column, which will debut on Feb. 3.

the single mom of three making her own pizza at home. According to Statistics Canada, the average Canadian family spends \$9,630 a year on food, which would work out to be about \$185 a week. And that's just food. It doesn't include personal care, household cleaning, tobacco, alcohol or lottery tickets — things we often add to our carts. Here are ways to trim your food costs.

Buy in bulk

Know what stuff costs so that when you see a deal you can buy in bulk. When salmon hits 99¢ a tin, when coffee goes on sale, when toilet paper is a bar-



Just sticking to your grocery list (no impulse buys) can save you money. ISTOCK

gain, stock up. It's not going to spoil, so buy in bulk.

Compare per unit costs

Companies use different sizes for their products, so it's easy to get confused about which package offers the better deal. Just think of all the different versions of laundry soap out there. Whew! If you don't calculate

the per unit cost, it's virtually impossible to tell what's a deal and what isn't.

Shop in less-expensive stores

Do most of your shopping in a discount grocery store. Did you know that you can save up to 30 per cent off your grocery bill just by switching your supermarket? Over a year,

that'd be over \$2,300. That sounds worthwhile, doesn't it?

Take your own bags

Are you still paying for your grocery bags every time you shop? What's wrong with you? Why would you build the price of shopping bags into the cost of your food? Make a habit of bringing your own bags and save on each visit.

Look for deals

Cuts of meat at 30 to 50 per cent off are a great way to save. Just take them home and throw them into the freezer.

Reward yourself

Take full advantage of the rewards programs offered by grocery stores to convert food purchases into gifts, travel savings or money off future grocery purchases.

Shop with coupons

Speaking of coupons, collect and use them. You don't have to be rabid about this, but at

least collect coupons for the products you usually buy and use them to save. Improve your odds of saving by visiting sites like groceryalerts.ca, simplyfrugal.ca, websaver.ca and save.ca to check for coupons that match your shopping list.

Take advantage of price-matching

No one wants to have to drive all over hell's half-acre to get all the deals in the flyers that come to the door. And you don't have to do it either. Simply shop at a store with a price-matching policy and you can show any store's flyer to get the best deal.

Shop with a list

This is the single best way to manage your food budget and not give in to temptation because you see things you want to throw into your cart impulsively. Over and over I've assigned the "shop once and with a list" challenge to people on my TV shows and they are amazed by the savings.

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NHL

League suspends Tortorella and fines Hartley

The NHL suspended Vancouver Canucks coach John Tortorella without pay for 15 days and six games on Monday for his conduct after a brawl between his team and the Calgary Flames.

Tortorella went to Calgary's locker-room at intermission following the first period Saturday night, which began with a handful of fights and four game misconducts per team.

Tortorella blamed Flames coach Bob Hartley for starting his fourth line, saying he couldn't put star players Daniel and Henrik Sedin at risk just to deflate the situation. Hartley was fined \$25,000 US by the NHL.

THE CANADIAN PRESS

NFL

Welker accused of purposely injuring Pats cornerback

Patriots coach Bill Belichick says Broncos wide receiver Wes Welker deliberately tried to "take out" cornerback Aqib Talib when they collided in the AFC championship game.

Talib hurt his knee on the play early in the second quarter and missed the rest of the game. Denver beat New England 26-16 on Sunday to advance to the Super Bowl.

Welker, a former Patriot, says he was trying to get Talib to go behind him as the two headed for each other across the middle.

THE ASSOCIATED PRESS



Montreal's Eugenie Bouchard celebrates Tuesday's win over Ana Ivanovic on Tuesday in Melbourne. RICK RYCROFT/THE ASSOCIATED PRESS

Major breakthrough for Canada's Bouchard

Tennis. Rising star from Montreal becomes 2nd-ever Canadian to make it to semifinals at a Grand Slam

Eugenie Bouchard is the first Canadian to reach a Grand Slam semifinal in 30 years after a stunning upset of Ana Ivanovic at the Australian Open.

Bouchard, the 30th seed, overcame Ivanovic 5-7, 7-5, 6-2

on Monday, making the Montreal native just the second Canadian to ever compete in a Grand Slam singles semi.

The last Canadian to go to the semis at a major was Toronto's Carling Bassett at the 1984 U.S. Open.

Bouchard's final-four spot is the first for a Canadian in Melbourne. The 19-year-old did it in just under two and a half hours.

"We had a tough match, she was playing well at times," said Bouchard. "When she did there was not much I could do. I kept fighting, played aggressive and

Looking towards Li

"She won't give me many chances so I'll have to take any that I get."

Eugenie Bouchard on facing China's Li Na in the upcoming Australian Open semifinals.

stepped it up in the second and third sets.

"The most important thing is to enjoy it out there and that's what I've been doing. I tried to stay calm and go for my shot, that's when I play my best."

Bouchard will play next against China's Li Na, the fourth seed, after the former French Open champion defeated Italy's Flavia Pennetta 6-2, 6-2.

"I played (Na) in Montreal in 2012, we had a tough battle but I was not so experienced back then," said Bouchard. "This time I'll be ready."

Bouchard's ranking should rise into the top 20 as a result of her success, according to WTA calculations. She also beat Ivanovic, a former world No. 1, last year in the second round of Wimbledon. **THE CANADIAN PRESS**

Marchand keeps filling the net vs. Kings



Brad Marchand celebrates his game-winning goal against the Kings with his Bruins teammates on Monday in Boston. ELISE AMENDOLA/THE ASSOCIATED PRESS

Brad Marchand really didn't have an explanation for his recent run. He just wants it to last as long as possible.

Marchand continued his hot scoring stretch with a pair of goals Monday, lifting the Boston Bruins to a 3-2 win over the Los Angeles Kings.

He also had two in Boston's shootout loss in Chicago on Sunday and has scored six in his past four games.

After scoring just one goal in his initial 14 games this season, he's had 11 in his past 15.

On Monday

3

Bruins

2

Kings

"When bounces are going your way, you get more confidence," he said. "I think that's all that it is. I think early on I didn't feel confident in anything I was doing. Hope-

fully it'll continue."

Torey Krug had the other goal for the Bruins, who won at home for the 11th time in 13 games. Backup goaltender Chad Johnson made 21 saves.

"We're very happy," Marchand said. "Two very good teams with back-to-back with travel. This game was a really tough one. We've got to be happy. We played a great game yesterday."

Willie Mitchell and Jeff Carter scored for the Kings. Jonathan Quick stopped 20 shots. **THE ASSOCIATED PRESS**

4 SPORTS

Bilodeau: 'These Games belong to Canada'



Canadian moguls silver medalist Mikael Kingsbury, left, congratulates compatriot and gold medalist Alex Bilodeau at the World Cup freestyle skiing event Sunday in Val-St-Come, Que. PAUL CHIASSON/THE CANADIAN PRESS

Freestyle skiing nominations. Gold medallist will be joined by crew of fellow Quebecers in Sochi

Reigning Olympic champion Alexandre Bilodeau and a trio of history-making sisters are headlining Canada's freestyle ski team roster for the Sochi Olympics.

Bilodeau, from Montreal, won his third straight World Cup moguls event over the weekend, edging out teammate and rival Mikael Kingsbury of Deux-Montagnes, Que.

Kingsbury and Marc-Antoine Gagnon of Terrebonne, Que., were also named to the early 20-athlete nomination list Monday by the Canadian Freestyle Ski Association.

"I am ready to hit the slopes of Russia and show the world why Canada is a force to be reckoned with," Bilodeau said.

He acknowledged he'll be going to Sochi feeling a little less pressure than he did in Vancouver four years ago.

"In Vancouver, I showed up

with a gun to my head," he said. "I wanted a medal. I put a lot of pressure on myself. Fortunately, I managed to pull myself together after working hard with my sports psychologist a week before the Games. Now, in Sochi, the work is done."

Bilodeau said he's heading to Norway to tweak a few things and plans to enjoy the experience when he arrives in Russia. He has said Sochi will be his last Olympics.

"I'm going to take every moment and remember it and I think there will be good moments, especially with the two gentlemen who will be accompanying me," he said, referring to Kingsbury and Gagnon.

The women's moguls team includes Montreal sisters Chloe, Justine and Maxime Dufour-Lapointe along with Audrey Robichaud of Quebec City. Chloe and Justine finished 1-2 over the weekend at a World Cup in Val St-Come, Que.

Canadian Olympic Committee president Marcel Aubut said it's the first time in the world where three siblings have competed on the same Olympic team in the same event.

THE CANADIAN PRESS

Teammates

- World champion Kaya Turski of Montreal and Dara Howell of Huntsville, Ont., headline the women's slopestyle team. They're joined by Quebec City's Kim Lamarre and Yuki Tsubota of Whistler, B.C.
- Alex Beaulieu-Marchand of Quebec City will compete in men's slopestyle.
- Calgary's Roz Groenewoud anchors the women's halfpipe team. She's joined by Megan Gunning of Calgary and Keltie Hansen of Edmonton.
- The men's halfpipe lineup includes Edmonton's Mike Riddle, Matt Margetts of Penticton, B.C., and Justin Dorey and Noah Bowman, both of Calgary.
- World silver medallist Travis Gerrits of Milton, Ont., will be the lone competitor in men's aerials.

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NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	49	31	15	3	141	109	65
Tampa Bay	50	29	16	5	146	123	63
Montreal	49	27	17	5	126	120	59
Toronto	51	26	20	5	145	154	57
Detroit	49	21	18	10	122	134	52
Ottawa	49	21	19	9	139	155	51
Florida	49	19	23	7	116	148	45
Buffalo	47	13	27	7	86	133	33

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	49	34	13	2	157	120	70
NY Rangers	51	27	21	3	128	128	57
Philadelphia	50	25	19	6	137	144	56
Columbus	48	24	20	4	138	135	52
Washington	49	22	19	8	142	150	52
New Jersey	50	20	19	11	115	123	51
Carolina	48	20	19	9	117	137	49
NY Islanders	51	20	24	7	142	166	47

Monday's results

NY Islanders 4 Philadelphia 3 (SO)
Boston 3 Los Angeles 2
Florida 5 Pittsburgh 1
St. Louis 4 Detroit 1
Toronto 4 Phoenix 2
Nashville 4 Dallas 1
Calgary at San Jose

Sunday's results

Chicago 3 Boston 2 (SO)
Tampa Bay 5 Carolina 3
NY Rangers 4 Washington 1

Tuesday's games — All Times Eastern

Los Angeles at Columbus, 7 p.m.
St. Louis at New Jersey, 7 p.m.
Ottawa at Washington, 7 p.m.
Florida at Buffalo, 7 p.m.
Carolina at Philadelphia, 7 p.m.
NY Islanders at NY Rangers, 7 p.m.
Minnesota at Dallas, 8 p.m.
Toronto at Colorado, 9 p.m.
Vancouver at Edmonton, 9:30 p.m.
Winnipeg at Anaheim, 10 p.m.
Wednesday's games
Montreal at Pittsburgh, 7 p.m.
Chicago at Detroit, 8 p.m.
Phoenix at Calgary, 9:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	51	32	8	11	184	139	75
St. Louis	48	33	10	5	170	108	71
Colorado	48	31	12	5	142	122	67
Minnesota	51	27	19	5	125	125	59
Nashville	51	22	22	7	125	152	51
Dallas	49	21	20	8	137	152	50
Winnipeg	50	22	23	5	141	150	49

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	51	37	9	5	175	126	79
San Jose	49	31	12	6	158	121	68
Los Angeles	50	29	15	6	128	103	64
Vancouver	50	25	16	9	127	127	59
Phoenix	49	23	17	9	141	149	55
Calgary	49	16	26	7	109	156	39
Edmonton	51	15	30	6	131	181	36

Note: Two points for a win, one point for overtime loss.

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	25	43	68
Getzlaf, Ana	25	33	58
Tavares, NYI	22	36	58
Kane, Chi	23	33	56
Perry, Ana	27	28	55
Thornton, SJ	6	46	52
St. Louis, TBL	25	25	50
Sharp, Chi	25	25	50
Ovechkin, Wash	35	14	49
Kunitz, Pgh	24	25	49
Backstrom, Wash	11	38	49
Pavelski, SJ	25	23	48
Kessel, Tor	23	25	48
Toews, Chi	17	31	47
Okposo, NYI	19	28	47
Malkin, Pgh	12	35	47

Not including last night's games

NFL PLAYOFFS

CONFERENCE CHAMPIONSHIPS

Sunday's results

AFC — Denver 26 New England 16
NFC — Seattle 23 San Francisco 17

SUPER BOWL XLVIII

Sunday, Feb. 2 — At East Rutherford, N.J.
Denver vs. Seattle, 6:30 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	32	7	.821	—
d-Miami	29	12	.707	4
Atlanta	21	19	.525	11½
d-Toronto	20	20	.500	12½
Washington	20	20	.500	12½
Chicago	20	20	.500	12½
Brooklyn	17	22	.436	15
Charlotte	18	25	.419	16
Detroit	17	24	.415	16
Cleveland	15	26	.366	18
New York	15	26	.366	18
Boston	14	28	.333	19½
Philadelphia	13	28	.317	20
Orlando	11	30	.268	22
Milwaukee	7	33	.175	25½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	32	9	.780	—
d-Portland	31	10	.756	1
Oklahoma City	31	10	.756	1
d-L.A. Clippers	29	14	.674	4
Houston	28	15	.651	5
Golden State	26	16	.619	6½
Dallas	25	18	.581	8
Phoenix	23	17	.575	8½
Denver	20	20	.500	11½
Memphis	20	20	.500	11½
Minnesota	19	21	.475	12½
New Orleans	16	24	.400	15½
L.A. Lakers	16	26	.381	16½
Sacramento	14	25	.359	17
Utah	14	28	.333	18½

d - division leader

Monday's results

Dallas 102 Cleveland 97
L.A. Clippers 112 Detroit 103
Charlotte 100 Toronto 95
Washington 107 Philadelphia 99
Brooklyn 103 New York 80
New Orleans 95 Memphis 92
Atlanta 121 Miami 114
Chicago 102 L.A. Lakers 100 (OT)
Houston 126 Portland 113
Indiana at Golden State
Tuesday's games — All Times Eastern
Orlando at Brooklyn, 7:30 p.m.
Boston at Miami, 7:30 p.m.
Sacramento at New Orleans, 8 p.m.
Portland at Oklahoma City, 8 p.m.
Minnesota at Utah, 9 p.m.

Horoscopes

Aries

March 21 - April 20

Even if you prefer to walk alone, it will pay you to get more involved in group activities over the next few days. Friends will bring you luck and make life more enjoyable.

Taurus

April 21 - May 21

This is the perfect time to give your reputation a boost. You will find favour with people in positions of power but the most important thing is that you believe in yourself.

Gemini

May 22 - June 21

Don't waste time telling the world what you are going to do — just do it. You should be aiming higher than ever before. If you want something enough, you can make it happen.

Cancer

June 22 - July 23

Someone you do business with will force you to choose between your ideals and your earnings. If you compromise your principles once, you will be expected to compromise them again and again.

Leo

July 24 - Aug. 23

Now that the Sun is transiting your opposite sign of Aquarius, make an effort to see things from alternative points of view. Also, don't criticize people you care for just because they fail to live up to your high standards.

Virgo

Aug. 24 - Sept. 23

Cosmic activity in the area of your chart that governs your work and your well-being is warning you not to push yourself too hard. Your energy levels may be a bit low, so pace yourself sensibly.

Libra

Sept. 24 - Oct. 23

Throw caution to the wind and just let your instincts guide you. This is a great time for creative activities and affairs of the heart, so be creative about your love life and love everything you create.

Scorpio

Oct. 24 - Nov. 22

Decisions you make over the next few days will have a lasting impact on your domestic situation. So, make sure you know the facts and you are not being misled by those who have an agenda.

Sagittarius

Nov. 23 - Dec. 21

Be sociable. Wherever you go and whatever you do, you will have a lot of fun and even the most ordinary of encounters will be hugely enjoyable.

Capricorn

Dec. 22 - Jan. 20

If you need financial assistance, now is the time to ask for it. The planets make it easy to convince those who can help that your cause is deserving. Having said that, the assistance will not come cheap, so help yourself as much as you can.

Aquarius

Jan. 21 - Feb. 19

It's one of the most vital times of the year for you. The Sun in your sign will ensure whatever you do is endowed with extra power. Aim to do good things for others and good things will come your way.

Pisces

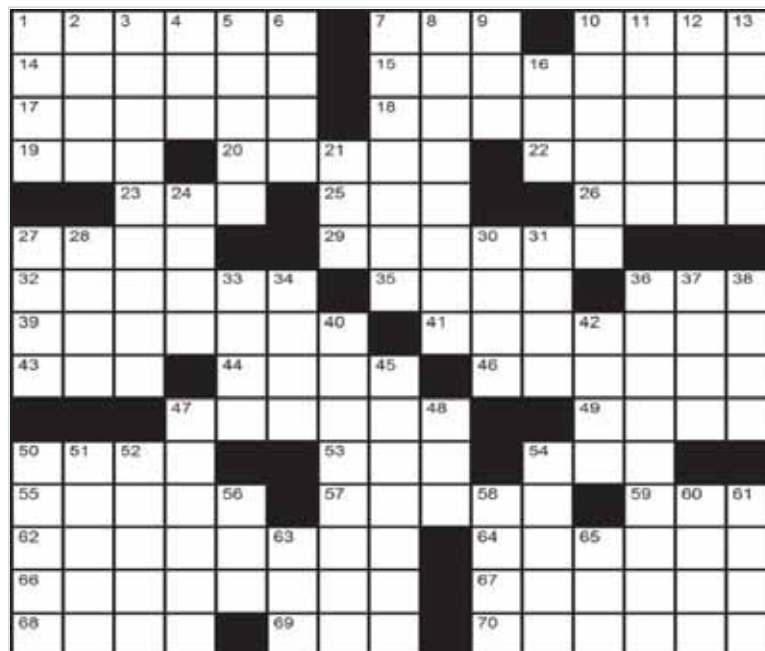
Feb. 20 - March 20

This may be a difficult time for you, but it is also a time when you can learn a great deal about yourself, which in turn makes success in the long-term more likely. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. University of Manitoba, Home of the ___
7. Male swan
10. House of ___ (Mid-east royal family)
14. Jessica Simpson's sister
15. NB community, locale of 5 CDSB Gagetown
17. Elegant aircraft
18. Blue in colour, it's the Yukon's official gemstone
19. Forestry fluid
20. Uncertainty
22. Splashy surges
23. Music producer, Don ___
25. Oscar-winning actress, Melissa ___
26. Ms. Sedgwick
27. Ride the waves
29. Get there
32. Make happy
35. Amy's Golden Globes co-host
36. These: French
39. ___ one's arms (Cease the stern-looking pose)
41. Popcorn brand, ___ Redenbacher's
43. US state, North ___
44. Made, as cotton candy
46. "___ you can!" (Buffet host's urging)
47. Elated
49. Caustics
50. Prefix to 'aller'



Down

53. Calendar abbr.
54. Mop & ___ (Floor cleaner)
55. "Lorna ___" (1951)
57. "Best ___ Had" by Drake
59. Liq. amounts
62. Jay Z's wife, to fans: 2 wds.
64. Velvet
66. Gwen Stefani's rocker hubby Gavin

67. Do charades: 2 wds.
68. Wild blue yonder's
69. Dictionary abbr.
70. Spanish Conquistador, Hernan ___ (b.1485 - d.1547)

3. Scuba diving exploration site
4. Antiquated
5. Must-haves
6. Prefix to 'tonin' (Sleepy stuff)
7. Stephen of that satirical 'Report' show
8. Handel musical work
9. TLC member, T-___
10. "___, ___ how are you 'n' stuff?"

- (English-as-it's-often spoken query)
11. Tart-tasting
12. Express
13. ___ great job (Performs well)
16. Mother goddess of Thebes
21. 'Form' suffix
24. Way out there
27. Tater
28. Forearm bone
30. Concerning,

- curtly: 2 wds.
31. ___ -vroom!
33. Fair
34. Catch a glimpse
36. Vancouver Island: ___ Sound
37. Ms. Macpherson
38. Poivres partners
40. Canadian Forces Base ___, in Alberta
42. "___ be okay." (Don't worry)
45. Ballet legend, Rudolf ___ (b.1938 - d.1993)
47. "Bridget ___ Diary" (2001)
48. Ms. Ullmann
50. Main office [abbr.]
51. "How are things?": 2 wds.
52. Verse
54. Painter, El ___ (b.1541 - d.1614)
56. Conclusion
58. Leave a disaster area, for short
60. Honest
61. Positions
63. Woolly one's call
65. Env.'s stuff-y

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

MAX: 1°
MIN: -2°

WEDNESDAY

MAX: -10°
MIN: -15°

THURSDAY

MAX: 0°
MIN: -9°



MICHELE MCDUGALL WEATHER SPECIALIST

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SAT: JAN 25 (10AM - 6PM)

SUN: JAN 26 (10AM - 5PM)

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2^{for}1

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